Legs and long sequence work

Today's new sequence is a long one comprised from: **Au Cortado - Corta Capim Spin - QDR Rotational Push Up - Role**.

Au Cortado - Corta Capim Spin - QDR Rotational Push Up - Role

Start with a Squat, go into an Au Cortado, instead of landing back into the squat, bend the first leg but keep the other one straight and to the side. From this side 'lunge' initiate the Corta Capim Spin to QDR Rotational Push, as we have done before here:

Corta Capim Spin into QDR Rotational Push Up

When you slide out of the QDR Rotational Push Up, instead of going to the squat, and again from the side lunge position - roll into a Role movement and end in a squat.

This longer sequence brings into the center of attention more fluidity requirements and breath work. Keep it flowing, adapt to the changing center of mass and the different support positions on some/all four limbs, breath with the movement and concentrate on the movement ahead of you in the sequence order.
This sequence should be worked on by those who have been successful with the prerequisite shorter sequence of Corta Capim Spin Into QDR Rotational Push Up.

Workout Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Frog Stance 15-30 sec X 3-5 sets / 60 sec rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Corta Capim Spin X 14 reps / 3 sets / 60 sec of rest
E1. Au Cortado X 12-16 reps / 3 sets / 60 sec of rest

Strength and conditioning
F1. Jump Into Box - Iso-Squat 8 reps X 3 sets / 90 sec rest
G1. The Shrimp (foot+knee or just knee of the back leg touching the ground)
G2. Harop Curl 5 reps (each leg in the shrimp) / 3 sets / 90 sec between exercises

Workout Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Air Baby Extensions 5-10 reps per side X 3-5 sets / 60 sec rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 3 sets / 60 sec of rest
or
C1. Corta Capim Spin into QDR Rotational Push Up 10 reps / rest 60 sec / 3 sets
D1. Au Cortado into Corta Capim Spin X 10-14 reps / 3 sets / 60 sec of rest

Conditioning/prehab
E1. Jump Into Box - Iso-Squat 8 reps X 3 sets / 90 sec rest
F1. The Shrimp (foot+knee or just knee of the back leg touching the ground)
F2. Harop Curl X 5 reps each (per leg in the shrimp) / 3 sets / 90 sec rest between exercises

Workout Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static Air Baby 10-15 sec per side X 3-5 sets / 60 sec rest

Floreio
C1. Corta Capim Spin into QDR Rotational Push Up 10 reps / rest 60 sec / 2 sets
D1. Au Cortado - Corta Capim - QDR Rotational Push Up - Role 10 reps / 3 sets / 60 sec
E1. Corta Capim Spin 14-20 reps / 2 sets / 60 sec

Conditioning/prehab
F1. Back Flip - Iso Squat X 5 reps X 3 sets / 90 sec rest
G1. The Shrimp - in a quad stretch position or with knee only touching behind you
G2. Harop Curl X 5 reps each (per leg in the shrimp) / 3 sets / 90 sec rest between exercises

Enjoy! If you are having trouble, keep working those progressions hard:

QDR Rotational Push Up
Rotations Into High/Low Bridge
Au Cortado
Role
Corta Capim

The sequences will just fall together when you will do so!

Make sure you do the prehab work - shoulders and wrists especially, you do not want an injury to stop you from practicing.